



## Batido de Curuba

### Description

In Colombia it is known as curuba, curuba de Castilla, or curuba sabanera blanca. The Curuba is a fruit native from the Andean valleys. It's name in English is Banana Passion fruit for its similarity to these fruits.

### Batido de Curuba or Banana Passionfruit Smoothie (English version below)

#### Ingredientes

- 10 Curubas
- 2 Taza de agua
- 1/2 Taza de Leche
- 1/4 de taza de crema de leche o nata
- Hielo picado
- 3 cucharadas de Azucar

#### Preparation

1. Cortar en dos las curubas y utilizar todas la pulpa con la semilla.
2. Licuar junto con el agua y colar.
3. Agregar la leche, crema de leche, azucar y el hielo picado.
4. Licuar o batir nuevamente hasta que todos los ingredientes estén bien mezclados.
5. Servir en vasos.

### Banana Passionfruit Smoothie (English version)

#### Ingredients

- 10 Banana Passionfruit (Curubas)
- 2 cup water
- 1/2 cup milk
- 1/4 cup double cream or heavy cream
- Crushed ice
- 3 tablespoons sugar

#### Preparation

1. Cut in two the Banana Passionfruit (Curubas) and use all the seed pulp.

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2. Blend together with water and strain.
  3. Add milk, cream, sugar and crushed ice.
  4. Blend or whisk again until all ingredients are well blended.
  5. Serve in glasses.